



## ROAST PORK AND APPLE PIE

2 lbs. Indiana grow, pastured pork loin, lean and boneless

1 tsp. Kosher salt

2 Tbsp. canola oil

$\frac{1}{4}$  cup stoneground flour

2 cups unsalted pork broth

$\frac{1}{2}$  tsp. dried sage

1 Tbsp. Dried parsley

$\frac{1}{2}$  tsp. dried thyme

3 large apples, Indiana grown and different varieties (1 tart, 1 sweet, 1 your favorite)

12-oz. can sweet potatoes, drained

20 dried cranberries

2  $\frac{1}{2}$  cups stone ground wheat flour

1 Tbsp. Sugar

1 tsp. salt

1 Tbsp. canola oil

$\frac{2}{3}$  cup skim milk

### Directions:

Rub outside of pork loin with kosher salt, place on roasting rack and roast for 1 hour at 350 degrees or until internal temperature reaches 160 degrees. Let stand 15 minutes, cut into bite-sized cubes. (You may also use left over pork roast or pork chops.)

Cut apples into bite sized cubes.

### Gravy:

Heat canola oil in saucepan. Add flour to make a roux. When well blended, add the broth, whisking constantly. As mixture begins to boil and thicken, add the herbs. Blend well and set aside

### Crust:

Mix flour, sugar and salt thoroughly. Pour milk and canola oil in a container, but do not stir. Pour directly into the flour mixture and blend together until it forms a ball using either a slow electric mixer or a spoon and eventually your hands. To achieve rolling consistency, add flour if needed, but do not overwork the dough. On a floured surface, roll the crust out to fit a 9-inch pie pan. Place crust in the bottom of the pan and prick it with a fork. Bake 350 degrees for 10 minutes.

With an electric mixer, mash drained sweet potatoes and spread over the pie and bake for 30 minutes at 350 degrees. Garnish with cranberries at serving time.

Yield: 6 servings

Chef Daina Chamness, Daina's Petite Pies, [www.dainaspetitepies.com](http://www.dainaspetitepies.com)

Nutrition Information: 410 Calories, 12 gm fat, 3 gm saturated fat, 0 gm trans fat, 80 mg cholesterol, 45 gm carbohydrate, 7 gm fiber, 32 gm protein, 370 mg sodium

**William K. Nasser, MD 19<sup>th</sup> Annual Dining A La Heart Fundraiser Event  
to benefit THE REVIVING HEART PROGRAM**